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# NUTRITION EDUCATION

and

# SCHOOL LUNCH ACTIVITIES

of

Agencies Represented on  
the Interagency Committee  
on Nutrition Education  
and School Lunch

Prepared by the Interagency Committee  
Issued by Agricultural Research Service  
UNITED STATES DEPARTMENT OF AGRICULTURE

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MAY 1956 ARS 62-3



## FOREWORD

These brief descriptions of the nutrition education and school lunch activities of the agencies participating in the Interagency Committee were prepared for the use of persons who work with students and for inservice staff training programs. It is hoped that the material will be helpful as a guide to sources of information on nutrition education and school lunch programs.

Visitors from other countries may find the material helpful in getting an understanding of the nutrition education and school lunch activities of Federal agencies in the United States.

The pamphlet was compiled by the Interagency Committee on Nutrition Education and School Lunch, made up of these Federal agencies: In the Department of Agriculture--the Food Distribution Division of the Agricultural Marketing Service, the Agricultural Research Service through its Human Nutrition and Household Economics Research Branches; the Federal Extension Service; and the Foreign Agricultural Service. In the Department of Health, Education, and Welfare--the Children's Bureau, the Office of Education and the Public Health Service. In the Department of the Interior--the Bureau of Indian Affairs and the Fish and Wildlife Service. In the Department of State--the International Cooperation Administration. Two other agencies are represented--the American National Red Cross and the North American Regional Office of the Food and Agriculture Organization of the United Nations.

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## INTRODUCTION

In the United States, many agencies working in different kinds of programs share responsibility for helping people use nutrition knowledge effectively. This sharing in the spread of nutrition information makes it possible for programs of nutrition education to reach a greater variety of persons than any one agency could serve. The diversity of programs in which nutrition education is recognized and promoted emphasizes its importance. The variety of methods used by the various agencies in helping to improve the nutrition of the segment of the population they serve strengthens the total effect of nutrition education.

It is recognized that there are wide gaps between nutrition knowledge and day by day food habits of people. Nutrition education programs are concerned with providing people with the facts they need and with stimulating them to put facts to work to improve dietary practice.

The Interagency Committee on Nutrition Education and School Lunch coordinates programs among Federal agencies. The goal of the Committee is to promote joint efforts among the several agencies which share responsibility for improving diets and nutritional well-being of people in homes, institutions, and schools, and at work. To attain its goals the Committee's members who represent education, extension, research, public health, and other programs in the field of food and nutrition have outlined the following broad areas of work from which to develop their cooperative undertakings:

1. To promote an understanding of the food and nutrition activities of member agencies and of organizations having related programs.

2. To develop mutually acceptable goals toward which member agencies may direct their efforts.
3. To provide consultant services to nutrition committees, agencies, and organizations.
4. To suggest needed studies, research, and action to make nutrition education and related programs more effective.
5. To recommend and facilitate carrying out such projects as institutes, workshops, and preparation of materials.
6. To present a unified interpretation of nutrition education and related programs in the United States to individuals and groups, including visitors from other countries.

The Committee periodically reviews these areas of work to determine the problems needing concerted attention of member agencies and to select from them problems on which the Committee can most effectively work.

## DEPARTMENT OF AGRICULTURE

Nutrition begins with food, the production and distribution of which is the major concern of the Department of Agriculture. A broad research program provides facts for improving technology in producing, processing, and marketing foods. Included in this research are many lines of investigation bearing on the utilization of foods for human nutrition.

### AGRICULTURAL MARKETING SERVICE

*Food Distribution Division.* --Within the Department of Agriculture, the Food Distribution Division of the Agricultural Marketing Service is responsible for the administration of the National School Lunch Program and the Special School Milk Program. In the operation of these two programs, Federal, State, and local groups share responsibility.

Through the National School Lunch Program important contributions are being made to the expansion and improvement of school food services. The program has promoted the acceptance of high standards for school feeding operations and has helped local communities to operate the kind of lunch program that provides maximum benefit to children.

During the 1954-55 school year approximately 11 million children were taking advantage of school lunches served in schools receiving assistance under the National School Lunch Program. This represents approximately one-third of the number of children enrolled in all elementary and secondary schools.

Under the National School Lunch Program participating schools receive the following types of

food assistance for their programs: (1) cash payments to be used, together with other funds available to the schools, for the local purchase of food, (2) food commodities which are purchased especially for the program or made available from supplies acquired by the Department of Agriculture under market stabilization programs, and (3) technical assistance on food purchase and use, and on food management problems.

The U. S. Congress provides an annual appropriation to carry on the program. At least 75 percent of these funds are apportioned among States and Territories according to number of school-age children and per capita income of the various States and Territories. The funds are used to provide cash food assistance to participating schools. The National School Lunch Act requires that these funds be matched by funds from sources within the States and beginning July 1, 1955, matching requirement was increased to its permanent rate of \$3 from sources within the States for each Federal dollar.

State educational agencies play a very important role in the operation of the program. Under provisions of the National School Lunch Act, they are responsible for program administration within the State. It is the State educational agency that selects schools for participation, makes the cash payments to schools from funds advanced to them by the Department of Agriculture, and generally supervises lunchroom operations in the individual schools.

The local sponsor--a school board or other school official--is responsible for operating the lunch program in the school. To be eligible to participate in the National School Lunch Program, each school must agree to meet three basic program requirements: (1) operate its lunch program on a nonprofit basis, (2) serve meals meeting nutritional standards established by the

Department of Agriculture, and (3) offer the lunch at a reduced price or free to children unable to pay the full price of the lunch.

Section 6 of the National School Lunch Act authorizes the Secretary of Agriculture to use a part of the funds appropriated to make direct purchases of food for the program. Foods purchased under Section 6 are those that will help schools meet the established meal type standards and those that are good sources of some of the nutrients commonly lacking in children's diets. In recent years, such purchases have consisted mainly of protein-rich foods, vitamin A and C foods, and other processed fruits and vegetables.

Other foods acquired by the Department of Agriculture under its price support and surplus removal program are also made available to participating schools. Some of the foods that have recently been made available under this program are: Canned beef, butter, cheese, dry milk, dry beans, and rice. These surplus foods provide valuable supplemental assistance to schools in helping make possible the service of well-balanced and reasonably priced lunches.

School lunch technical assistance activities are directed toward assisting States to help schools make the best possible use of the food assistance provided under the National School Lunch Act. The purpose is to translate the results of research in the field of nutrition, institutional management, and school feeding into practical program guides for State agencies and local school lunch managers and workers.

The work includes two general types of activities: (1) advice and assistance to States in developing programs to improve technical phases of school lunch operations--with particular reference to

improvement of the nutritional quality of meals served, and (2) development of informational materials on food use and management for use of school lunch workers in individual schools. An important phase of this technical assistance is the work undertaken with State educational agencies in planning and developing workshops and training programs for local school lunch workers.

Assistance is provided to States on the content and type of workshop programs best suited to problems and resources of States. Visual aids and other materials are developed for use in such workshops, and AMS Division personnel--to the extent time permits--participate in State-sponsored workshops and training programs.

The Special School Milk Program, first announced by the Department of Agriculture in September 1954, was established pursuant to a provision of the Agricultural Act of 1954. This act authorized the Department of Agriculture to use up to \$50 million of Commodity Credit Corporation funds during each of the fiscal years 1954-55 and 1955-56 to increase the consumption of fluid milk by children in schools of high school grade and under.

This program is operated and administered in the same fashion as has been successfully used in the National School Lunch Program. Responsibility for operation of the program within States has been delegated by the Department of Agriculture to State educational agencies. Funds available under the program are advanced to the States and used to reimburse schools for milk served under the program. The reimbursement payments make it possible for schools to offer milk at reduced prices and to establish new times of service, and help defray the cost of handling milk within the schools.

Participating schools are obtaining increased consumption by offering those children who desire it an additional half pint of milk with the regular school lunch at a bargain price, by establishing new times of service, and by many other means.

In 1954-55, the first year of operation, over 41,000 schools participated and the program resulted in an increase of consumption in excess of 28,125,000 gallons. By October 1955 the number of participating schools had increased to over 58,000.

## AGRICULTURAL RESEARCH SERVICE

*Human Nutrition and Household Economics Research Branches.*--A national research program in human nutrition is conducted by the Agricultural Research Service of the Department of Agriculture. The program, conducted both independently and under cooperative and contract agreement with Federal, State, and other agencies, deals with the utility and economy of foods for nutritional well-being and the effect of economic conditions on farm family living. The research on foods and nutrition is reported here.

Long-time studies of the composition and nutritive value of foods continue. These include both laboratory analyses and compilation of data from the literature. Tables of average composition of common present-day foods are published; they are revised and expanded as newer knowledge accumulates.

Studies of human requirements for food and nutrients include determinations of the digestibility of foods by humans under various dietary and physiological conditions, the metabolic behavior of persons of different

ages and nutritional conditions on known diets, the energy expenditure of persons of different ages and body build during various physical activities and nutritional states, and the physiological response of laboratory animals (throughout the life span or successive generations) to different food combinations and levels of nutrients.

Research on food quality and use includes the development of better methods for preparing foods that are nutritionally or economically important, and devising techniques for evaluating quality and acceptability. In order to guide families with problems of home food preservation, studies are carried on to develop or improve methods of canning, freezing, and other types of preservation and to study the effect of these processes on the nutritive value and eating quality of the foods.

Estimates of the nutritive content of the national food supply are made periodically. Studies of family food consumption, food preparation practices, and menus made from time to time provide information on the distribution and use of the food supply among families and the effect of income, season, education, and other factors on the kinds and amounts of specific foods families consume and the nutritive content of their diets. Similar studies are made of the food served in institutions.

Studies of food eaten by individuals--men, women, and children--of different environmental, social, and economic situations further amplify current knowledge of what people eat and the adequacy of their food intake. Appraisals of the diets of individuals in relation to their nutritional condition and in relation to food and nutrient allowances recommended by nutritionists contribute to an understanding of the effect of diet on health.

Family food plans and related materials for the nutrition education of homemaker, youth, and other consumers are developed from the combined findings of research on the nutritive values of food, nutritional requirements, food consumption levels, food use, and household management. These are available to agencies carrying on nutrition programs and for the public generally. Nutrition education is fostered by the Nutrition Programs Service which provides leadership, consultation, coordination, and reporting services, including a bimonthly periodical for exchange of information on Federal, State, county, and city nutrition programs.

## FEDERAL EXTENSION SERVICE

The Cooperative Extension Service is an out-of-school education service of the Department of Agriculture and land grant colleges.

It helps provide farmers, homemakers, and youth with the latest research findings, technical advice, and successful methods of farming and homemaking, thus providing background information needed to make day-to-day decisions and to be well-informed citizens.

*Nutrition Programs.*--Nutrition education is an important phase of the extension program. The goal of this work is well-fed and nutritionally fit people. Through the nutrition program, research findings and new information on foods and nutrition are made available to rural and urban families.

Nutrition education is a part of the home food supply program--especially in poultry and meat production, gardening, and dairying. It has been found that farm families who produce much of their own food have better diets than those who have to buy all that they eat.

Through the nutrition program of the Extension Service, homemakers are taught to plan menus that meet the needs of the entire family, prepare good food and serve it attractively, spend the food dollar wisely, understand the food market, and preserve food by freezing, canning, and storing.

Local programs in foods and nutrition are planned cooperatively by rural people and the Extension staff. Emphasis varies from year to year as situations change. Sometimes it is important to stress increased use of milk or fruits and vegetables; another year more emphasis may be given to freezing foods, to planning the family diet, or preparing adequate meals simply and quickly.

In 1955, more than 3 million adults and nearly 1 million boys and girls reported they had been assisted by the Extension Service in improving their diets. Almost the same number said they had improved their family food supply by changes in food production and a similar number were helped with food preservation problems.

*Personnel.*--To carry on this informal educational work, the Extension Service has a nationwide professional staff of approximately 90 State nutrition specialists and 4,000 county home demonstration agents constantly supplying rural people with information on foods and nutrition.

Since the extension program is one of helping people recognize and solve their problems, the 190,000 voluntary local leaders play a very important part in the food and nutrition program. After receiving training from State nutrition specialists and county home demonstration agents, they hold neighborhood meetings in their communities, serve as leaders of the 88,000 4-H Clubs and 65,000 home demonstration clubs. They

take the lead in making agreed-on improvements in homes and communities under the general guidance of the county extension agents. These leaders multiply many times the work of the extension personnel. Teaching by local leaders is one of the strong features of extension work.

*Methods of Reaching People.*--Bulletins and other information materials on nutrition, food preparation and preservation, and food buying are made available to the public by State and county Extension Services.

County extension agents use many methods for extending nutrition information, making wide use of radio and television. News stories based on research, written by specialists and agents, are adapted for use locally and in magazines.

4-H Club activities provide boys and girls with skills and knowledge in foods and nutrition.

Federal and State nutrition specialists give leadership to the nutrition program and help keep all extension workers currently informed on subject matter through continuous in-service training and through workshops, conferences, and special releases.

## FOREIGN AGRICULTURAL SERVICE

The Foreign Training Division of the Foreign Agricultural Service serves in a liaison position between persons from other countries seeking information on the development and operation of programs designed to improve rural family living, and agencies and organizations in the United States conducting such programs.

Improvement of the diet through production, conservation, and distribution of a year-round food supply is of great interest to many countries

of the world. The Foreign Agricultural Service assists representatives of cooperating countries in contacting appropriate agencies for information on nutrition education for people both in school and out. Emphasis is placed on the development of interest in the field of nutrition education among both men and women leaders by providing opportunities for them to see nutrition education programs in action, and to discuss results of these programs with farm families as well as professional leaders, and by making publications in this field available to them.

## **DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE**

In the Department of Health, Education, and Welfare, the operating agencies that deal with health and education are concerned directly or indirectly with nutrition education and school lunch programs.

### **CHILDREN'S BUREAU**

State health agencies that are providing services to mothers and children recognize that good nutrition is a cornerstone of maternal and child health. States have been able to do more to improve the nutritional status of mothers and children since 1936 when Congress appropriated funds to carry out the Social Security Act of 1935. This Act placed on the Children's Bureau responsibility for administering Federal grants-in-aid to States to enable them to strengthen and extend their health services to mothers and children, and to physically handicapped children.

Federal financial assistance has made it possible for States to augment local resources for maternal and child health services. Nearly all physicians, nurses, dentists, and other professional personnel engaged in maternal and child

health work deal with nutrition as an integral part of a well-rounded program. To assure that nutrition problems are dealt with adequately, State and local health agencies use some of their Federal grants-in-aid for the employment of nutritionists to serve as consultants to professional workers who care for mothers and children. According to a recent estimate, approximately 200 nutrition positions have been created in State health departments, as compared with some 10 or 12 before Federal grants were made available. Of these 200, about 20 give full time to consultation to hospitals and other institutions.

Federal funds from the Children's Bureau have been used by States to cover a large part of the cost of giving advanced training in public health nutrition in colleges and universities to nutritionists already in the employ of the State agency or to be employed on the completion of their training. Financial assistance and consultation have been given by the Children's Bureau to institutions of higher learning that are developing graduate programs for the special training of nutritionists.

The Nutrition Section of the Children's Bureau gives consultation through the Bureau's regional offices to State health agencies that are carrying on nutrition service as part of their maternal and child health programs. The Section also participates in preparation of popular bulletins and technical guide materials produced by the Children's Bureau.

### **OFFICE OF EDUCATION**

The Office of Education is concerned with improving nutrition through education in the school and community. It works through State departments of education and with institutions engaged in preparing teachers for elementary, secondary, and adult teaching.

The general goals in nutrition education toward which the Office of Education is working are: increased understanding on the part of children, youth, and adults of what constitutes an adequate diet and of the importance of one's diet to health and well being; appreciation of the cooperation needed to make food available to all people; wider use of the school lunch program as an educational instrument for improving the health of families in the community; and more extensive cooperation of whole school staffs in developing nutrition programs that affect everyday food practices of people of the community.

The Office recognizes that it is important to develop nutrition education in such a way that it becomes a vital part of the total program of education in the school and community. Each community needs to work on its own nutrition problems in ways that are most practical for the persons involved. As schools recognize the importance of nutrition education in their programs they find ways through health education, home economics, agriculture, science, the school lunch, and throughout the elementary and secondary programs for attacking the problem.

The Office of Education carries on its functions in the field of nutrition education and school lunches in a variety of ways. It gathers statistics, makes special studies, and diffuses information through publications, field services, and correspondence. Its staff participates in planning and developing programs of nutrition education through consultant service, workshops, summer schools, and conferences sponsored by State departments of education, local boards of education, colleges and universities, and State and national educational organizations. These services are given upon request from the agency sponsoring the activity. For many years the Office of Education has had a special committee

representing its various divisions which coordinates the activities in nutrition education and school lunch. This committee meets from time to time to study developments in nutrition education and to plan ways to make more effective the work of specialists on nutrition education and school lunch.

## PUBLIC HEALTH SERVICE

The Public Health Service, the principal health agency of the Federal Government, carries on nutrition activities in all three of its operating Bureaus: The Bureau of State Services, the Bureau of Medical Services, and the National Institutes of Health.

The Bureau of State Services administers the cooperative Federal-State and Interstate health programs. Within this Bureau, nutrition consultation and field studies involving nutrition are activities of the Chronic Disease and Heart Disease Control Programs. Consultation is available through the Public Health Service regional offices to State and local health departments, other public and voluntary health agencies, professional associations, educational institutions, etc., with regard to the nutritional implications of heart disease, diabetes, aging, obesity, and other areas related to chronic disease.

Nutritionists are employed in the following field study activities of the Bureau of State Services:

1. A project to determine the need for, the value of, and the extent to which dietary instruction services will be utilized by physicians in a semiurban area for their patients.

2. The Diabetes Research and Training Unit, which conducts applied research, evaluates teaching methods and programs, and conducts training courses for professional persons.

The National Institutes of Health conduct scientific investigations in medical and related sciences and coordinate research activities of the Institutes with related programs elsewhere in the Service. A program of clinical and laboratory research is being conducted in the fields of nutrient requirements, dietary interrelations, intermediary metabolism, and energy and mineral metabolism, with special emphasis on the role of nutrition and dietary essentials in the metabolic diseases and the biochemical and metabolic abnormalities associated therewith. Studies also include the influence of the nervous system on nutrition and metabolism; studies of older people to determine the biochemical changes associated with aging and influences of diet thereon; the role of vitamins, anti-vitamins, and other anti-metabolites in the growth of cancer tissue; the relationship of dietary fat to atherosclerosis and related conditions and the function of nutrients in the metabolism of normal and diseased brain tissue; the role of nutritional factors in liver diseases and the interrelations of nutrition, dietary elements, and dental caries.

At the Clinical Center, part of the National Institutes of Health, dietitians are an integral part of research teams investigating metabolic and other diseases.

The Bureau of Medical Services administers the 18 Public Health Service hospitals and 25 clinics. At these installations dietitians and nutritionists work closely with physicians and dentists on research projects and on special studies and experiments with patients requiring therapeutic

diet treatment. Through individual and group contact in wards and clinics dietitians advise patients on nutrition and diet with respect to their specific illnesses.

## DEPARTMENT OF THE INTERIOR

### BUREAU OF INDIAN AFFAIRS

The Bureau of Indian Affairs operates under an annual appropriation from Congress and is responsible for the health, education, and welfare of Indians.

Nutrition is a major problem with many Indians because of widespread poverty, lack of knowledge of fundamental nutrition requirements, and cultural taboos.

Emphasis in the Food and Nutrition Service to Indians is conducted principally through the Bureau Branches of Education and Extension. In the Branch of Education emphasis is placed on the study of nutrition and application is made through the meals served. The study of nutrition is provided in classes in academic subjects, home economics, physical education, and agriculture and through guidance in dormitory living. In boarding schools nutrition principles are applied through the service of three meals daily; in Reservation day schools, a noon meal, the equivalent of dinner, is served.

The Branch of Extension staffs work with individual families and groups in development of farm and home plans and projects which will provide for production and conservation of an adequate food supply to meet family needs.

Emphasis is directed toward understanding the relation of food to health, the importance of an

adequate diet, the establishment of good food habits, and the importance of proper preparation and use of food. Technical staffs translate scientific findings in the foods and nutrition field to a basis of understanding within the experiences and abilities of the Indian people.

The 4-H Club activities provide boys and girls with skills and knowledge in foods and nutrition.

Every year workshops are conducted by personnel of the Branch of Education in which problems of nutrition along with other problems of Indian life are studied. Techniques and materials for dealing with these problems are developed. At these workshops technicians from educational institutions and other agencies participate as consultants.

The Bureau of Indian Affairs cooperates with all other agencies and organizations to develop and carry out a sound nutritional program.

## FISH AND WILDLIFE SERVICE

*Technological Programs.*--Activities deal with the development of and dissemination of information on methods of handling, utilizing, and preserving fishery products; studies on problems of plant sanitation and operation; preparing Federal specifications for fishery products; determination of nutritive value of fishery products; and advisory and consulting services on all phases of fishery technology for producers and consumers. Field laboratories are located in Boston, Massachusetts, College Park, Maryland, Seattle, Washington, and Ketchikan, Alaska.

*Fishery Educational and Market Development Program.*--A fishery educational and market development program is conducted to promote the free flow of domestically produced fishery

products in commerce and to develop and increase markets for fishery products of domestic origin. Emphasis is placed on the nutritional values and economy of using fishery products in order to obtain the maximum use of this natural resource and improve the nutritional standards of the American consumer.

Increased use of fishery products in school lunches and institutional menus is accomplished by conducting fish cookery demonstrations for school lunch and institutional personnel; developing visual and other educational materials including the production of fishery educational motion pictures in cooperation with industry; conducting special market promotion programs to relieve the surplus of certain varieties of fish; informing industry and consumers of new and improved methods of production, distribution, and preparation through a consulting service; forecasting future marketing conditions; encouraging greater distribution of fishery products through frozen food centers; developing and testing new or improved recipes for different varieties of fish and shellfish; preparing and publishing fish recipes, the monthly publication *Commercial Fisheries Abstracts*, fishery leaflets, consumer education material, and research reports. Research on the nutritive value, preparation, and utilization of fishery products is conducted in test kitchens in College Park, Maryland, and Seattle, Washington.

***Economics and Cooperative Marketing Program.***-- Special fish and shellfish consumption surveys are conducted. Analyses of the effects of demand and supply factors on the level of consumption of fish and shellfish and of individual commodities are made. In addition, relationships to total food consumption are calculated. Studies of various types to determine consumer preferences for fish and shellfish products are carried out.

*Dissemination of Information.*--Research and educational information is disseminated through technical and semitechnical reports, bulletins, leaflets and press releases, periodicals such as *Commercial Fisheries Review*, *Commercial Fisheries Abstracts*, and the quarterly *Commercial Fisheries Outlook*, articles for appropriate trade and technical journals, and demonstrations or addresses to scientific societies, trade organizations, schools, and civic groups.

## DEPARTMENT OF STATE INTERNATIONAL COOPERATION ADMINISTRATION

The International Cooperation Administration, as a semi-autonomous agency of the Department of State, is seeking to raise the standard of living in cooperating countries of the world. Improvement of nutrition for all people plays an important role in meeting this aim. In general, ICA; through its technical assistance program, is attempting to work with governments to help families develop an understanding of their dietary needs, to produce food which can be grown under prevailing climatic conditions, and to conserve in a practical manner sufficient of the seasonal surplus to provide a good year-round diet.

Programs in each country are based on and implemented by studies of the area which are available through FAO and/or other organizations, groups, or individuals who have undertaken such an analysis. When needs are known and possible supplementary foods are investigated, a simple and easily comprehended educational program is inaugurated. This is carried out through such agencies as the extension service, schools, departments of public health and social welfare. As a part of the plan for raising the nutritional

level in less-developed countries the U. S. Government has provided surplus commodities for school lunches in certain areas where such programs will serve as demonstrations. Thus ICA is putting great emphasis on countrywide nutrition education programs and is interested in working in cooperation with nations which are prepared for undertaking adequate lunch programs.

Efforts are being made to improve nutrition standards through the education of people both in school and out. American advisers in home economics, agriculture, health, and social welfare are working at the request of governments to give help to national leaders in promoting this program. Such help may consist in the actual teaching of principles of nutrition, in training in methods of work, in program planning, or in development of teaching and informational materials. The basis on which such work is built is, where possible, those scientific studies which have already been made within the countries or in the immediate region. Chief sources of such material are the food consumption surveys and dietary studies of the Food and Agriculture Organization of the United Nations.

Nutrition studies are not available in all countries and in this case home economists assist nationals who know food habits and resources in working out simple plans for producing more and needed food and for introducing new foods into the diet. Where climatic conditions do not permit a year-round garden, plans usually include some instruction in practical food conservation.

According to Title II, Public Law 480, the Agricultural Trade, Development, and Assistance Act of 1954, surplus commodities may be used as demonstrations to assist governments in improving or extending school lunch programs. ICA obtains food in accordance with Title II, from USDA

stocks and contracts with country governments to develop adequate programs for school lunches. These programs must meet certain nutritional requisites before the food can be obtained. At present one pilot project has been worked out and accepted. This contract is between the Italian Government and the United States. Negotiations are also underway for a similar program with Japan. In order for such a contract to be consummated the country desiring the program must agree that although a maximum U. S. contribution is made for the first year, this contribution is gradually reduced until the total program is supported by the participating country.

It will be noted that the International Cooperation Administration is working in cooperation with the governments to improve economic and social welfare in all fundamental aspects.

## THE AMERICAN NATIONAL RED CROSS

The American National Red Cross is a quasi-governmental organization operating under congressional charter. It is supported by voluntary contributions from the American people.

At national headquarters a food and nutrition consultant is maintained who gives professional and technical guidance in the food and nutrition phases of the programs of the following Red Cross Services and Offices:

*Disaster Services*--The development of guides to mass feeding in disaster operations and budgetary materials for use with families affected by disaster.

*Services to the Armed Forces and Veterans*--Preparation of budget guides to living costs for social workers who advise and give financial assistance to families of servicemen and veterans.

*Service Groups*--Preparation of instructor outlines in quantity food service for use in training of Canteen Service volunteers.

*Nursing Service*--Assistance in the preparation of those parts of the textbooks and instructor's guides on home nursing and mother and baby care that relate to food and nutrition.

*Junior Red Cross and College Activities*--Technical guidance in projects relating to food and nutrition.

*Office of International Relations*--Assistance in the selection of nutrition educational materials for insular chapters and sister Red Cross societies, and in the preparation of food parcels for war prisoners.

Red Cross chapters are permitted to engage in food and nutrition activities provided they give priority to the support of other Red Cross Services. Professional assistance to chapters in the conduct of nutrition education programs for the public is not provided by the national organization. In chapters where community nutrition activities are supported, such programs as are instituted are based on needs and existing resources of the community. Typical of community activities conducted by chapter nutrition workers are: *Group instruction* for youth and adult groups, homemakers, teachers, social workers and other professional and semiprofessional groups, by use of talks, demonstrations, special projects and exhibits; *consultant services* to clinics, nursery schools, homes for aged, institutions, social health, welfare, and educational agencies on food, nutrition, and budgeting problems; *serving on committees* to study community nutrition needs and to relate chapter activities to the community plan.

Food and nutrition activities in any chapter are always directed by a volunteer committee of which at least one member is required to be professionally trained in the field of food and nutrition. The chapters maintain a formal registry of qualified nutritionists, dietitians, and home economists who are serving or stand ready to serve through Red Cross.

## FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS

The Food and Agriculture Organization is the international agency concerned with food and agriculture. It grew out of a United Nations Conference on Food and Agriculture which was held in 1943. At this conference the 44 countries which attended agreed that international cooperative effort was needed to help nations raise the standards of living and to improve the nutrition of the people in all countries.

FAO was formally founded in 1945 with 42 member countries, and now has 72 members. The FAO Conference, which is held every 2 years and in which each member nation has one vote, is the governing body of the Organization. FAO is thus an association of sovereign governments and functions only through these member governments. Headquarters office is in Rome, Italy, and there are regional offices in Washington, D.C., Cairo, Bangkok, Rio de Janeiro, and Mexico City.

The aims of the Organization are: to raise levels of nutrition and standards of living, to secure improvement in the efficiency of production and distribution of all food and agricultural products, and to better the conditions of rural populations.

Technical activities cover the following fields: Agriculture, Economics, Fisheries, Forestry, and Nutrition.

Work of the Nutrition Division covers a wide field. It includes studies of food consumption at the national level by means of the food balance sheet technique, studies of the food consumption of population groups within a country by means of diet surveys, and assessment of physiological requirements for calories and other nutrients. This information is used in the establishment of national food supply targets based on nutritional principles, and in nutrition education and supplementary feeding programs. Food technology is another important activity of the Division. Countries are assisted to make the best use of their available food supplies by the application of suitable food processing techniques.

FAO home economists and nutritionists are working in a number of countries. Activities may include the organization of school feeding programs and the planning of nutrition education programs. They may help to develop home economics programs in primary and secondary schools or help to establish a home economics department at college level. Sometimes they organize training courses in home economics for teachers, social workers, and others concerned with community development. The Nutrition Representative of the North American Regional Office acts as a liaison between FAO and U. S. agencies with programs in nutrition and other fields of home economics. She supplies these agencies with information on the activities of FAO at Headquarters and in member countries, as well as keeping FAO informed on programs in the United States. She also helps plan the program of visitors from foreign countries, if their interests lie within the sphere of the Nutrition Division. This is done in cooperation with the Foreign Training Division of the Foreign Agricultural Service of the USDA. FAO is not engaged in nutrition education or school lunch activities in the USA.





